



RELATIONSHIP BETWEEN DEATH OBSESSION, RUMINATION AND REFLECTION YOUNG ADULTS

A thesis
Presented to
The Institute Of Professional Psychology,
Bahria University, Karachi Campus

In Partial Fulfillment
Of the Requirements for the
Degree Bachelor of Science
(BS) Psychology

By

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JULY, 2013**

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ABSTRACT

The study aimed to explore the relationship between death obsession, rumination and reflection in Muslim young adults, in the midst of political instability and violence in Karachi. It was hypothesized that there will be a direct correlation between death obsession and rumination and an inverse correlation between death obsession and reflection. A convenience sample of 125 Muslim participants was selected belonging to the age bracket of 18 to 25 from different academic backgrounds. Death Obsession Scale (Abdel-Khalek, 1998) and Rumination-Reflection Questionnaire (Trapnell & Campbell, 1999) were administered. The results were analyzed using Pearson correlation and showed a significant positive relationship between death obsession and rumination ($p < 0.000$, $r = 0.275$), however no significant association was found for death obsession and reflection ($p < 0.054$, $r = 0.144$). The study demonstrates the significance and implications of the results in the present world specifically for the unrest in Muslim countries and the detrimental impact instability can have. Further possibilities of future research are explored in the light of the presented findings.